

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A363 – CHERRIES, CANNED, RED TART, PITTED, #10

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B (except must be U. S. Grade A for pits). Canned red tart, pitted cherries, water pack.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (11¾ cups) fruit and juice.</li> <li>One #10 can AP yields about 71.2 oz (9 cups) drained, pitted cherries OR about 11¾ cups pitted cherries and juice and provides about 36.2 ¼-cup servings drained, pitted cherries OR about 46.8 ¼-cup servings fruit and juice.</li> <li>CN Crediting: ¼ cup cherries and juice OR ¼ cup drained, cherries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pitted cherries in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned pitted cherries covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Pitted cherries can be used right from the can, chilled, or at room temperature.</li> </ul>



### Nutrition Information

Cherries, red tart, water packed, fruit and liquid

	¼ cup (61 g)	½ cup (122 g)
Calories	22	44
Protein	0.47 g	0.94 g
Carbohydrate	5.45 g	10.91 g
Dietary Fiber	0.7 g	1.3 g
Sugars	4.64 g	9.27 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0.01 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.84 mg	1.67 mg
Calcium	7 mg	13 mg
Sodium	4 mg	9 mg
Magnesium	4 mg	7 mg
Potassium	60 mg	120 mg
Vitamin A	23 IU	46 IU
Vitamin A	460 RAE	920 RAE
Vitamin C	1.3 mg	2.6 mg
Vitamin E	0.14 mg	0.28 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Use in baked cobblers, crisps, and other desserts.</li><li>• Use in recipes for main dishes, breads, or salads.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li><li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li><li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li></ul>

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